Neue. 1619.

A new Almanacke and Prognostication, with the Forraigne Computation, serving for the yeare of our Lord and Saviour Iesus Christ.

1619.

Being the third yeare, from the Bissextile or leape yeare.

Rectified for the Elevation of the Pole Artick and Meridian of the famous Towne of great Yarmouth in Norfolke; and may serue generally for the most part of great Britaine.

Practised, penned and published by *Ieffery Neue* Gent.

AT LONDON,
Printed for the Companie of Stacioners. 1619.

(5)
DONO Bibl. Bodl. DOUCE

The Contents of this double Kalender, for the yeare of our Lord God 1619. which is the third yeare after the Bissextile or Leape yeare, according to the Accompt and Computation of the Church of England.

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The Circle of the Sunne is		4
The Epact is		25
The Dominicall Letter		G
The Roman Indiction		2
The space betweene Christmas and Shroue sunday is 6. weekes and 2. dayes.		
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Betweene Trinitie and Aduent, are Sundayes,		26
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The Forraigne Computation.

The Prime or Golden number		5
The Circle of the Sunne		4
The Epact		25
The Dominicall Letter		F
The Roman Indiction		2
Shroue sunday	Febr.	10
Easter day	March	31
Ascention day	May	9
Whitsunday	May	19
Aduent sunday	December	1
The space betweene Christmas and Shroue sunday is 6. weekes and 5. dayes.		

A Briefe and necessarie Computation of

	yeares.
From the Creation of the world vntill this present yeare of our Lord God, 1619.	5589
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Since Nabuchadonozer the King.	2367
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Since Julius Cesar slaine with bodkins.	1668
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Since Jerusalem destroyed by Titus.	1546
Since England receiued the Christian Faith.	1439
Since the Danes entered England.	601
Since the Conquest of England.	552
Since the Science of Printing was inuented.	159
Since King Henry the 8. wonne Bolloigne.	75
Since Kettes rebellion at Norwich.	70
Since the infectious sweating sickines.	62
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Since the great Plague at Newhauen.	56
Since the Earles rebellion in the North.	50
Since the blazing starre and frollic winter.	47
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Since the deepe Snow.	40
Since the generall earthquake in England.	39
Since the Campe at Tilbury in Essex.	31
Since the last earthquake in England.	18
Our Kings Maiesties Raigne whom the King of Heauen grant long and prosperously to raigne ouer vs, Amen.	17

The Anatomie of Mans body, as the parts thereof are gouerned by the twelue Cœlestiall signes.

Aries, the head and face: Taurus, necke and throat: Gemini, armes and shoulders: Cancer, breast stomach, and ribs: Leo, heart and backe: Virgo, bowels and belly: Libra, reines and loynes: Scorpio, secrets and bladder: Sagittarius, thighes: Capricornus, knees: Aquarius, legs: Pisces, the feete.

Ianuarie hath xxxj. dayes.

Now if your body in health will keepe,
Warme meates for it is very meete:
Flie Phyſicke, Sloath, and Venerie,
Auoyde all Bathes moſt carefully.

1	a	Newyea. da.	Dagit. 3.	11	d		● The new moon
2	b	Oct. of Ste.	Dag. 15.	12	e		the 5. day 48. minut.
3	c	Oct. of Iohn	Dag. 27.	13	f		after 7. of the cloche
4	d	Oct. of Inno	Capr. 8.	14	g		at night.
5	e	Edw. depo.	Cap. 20.	15	a		
6	f	Twelfe day.	Aqua. 3.	16	b		
7	g	Med. com in.	Aqua. 15.	17	c		
8	a	Lucian prie.	Aqua. 28.	18	d		☾ The firſt quart.
9	b	Agapite vir.	Piſc. 11.	19	e		he 13. day 32. minu.
10	c	[illegible] Aquar.	Piſc. 14.	20	f		after 5. of the cloche
11	d	Linus biſh.	Aries. 8.	21	g		in the morning.
12	e	Hillarius bi.	Aries 21.	22	a		
13	f	Archade ma.	Taur. 6.	23	b		
14	g	Felicia prie.	Tau. 20.	24	c		
15	a	Anthо. depo.	Gem. 5.	25	d		Conuerſion of Paul
16	b	Marcellus.	Gem. 20.	26	e		○ The full moone
17	c	2. ſũ. af. Epi.	Canc. 4.	27	f		the 19. day 24. min.
18	d	Priſca virg.	Canc. 19.	28	g		after 10. of the cloch
19	e	Wolſtan bi.	Leo 3.	29	a		at night.
20	f	Fab. & Seb.	Leo 17.	30	b		
21	g	Agnes virg.	Vir. 0.	31	c		
22	a	Vincē. Mar.	Vir. 13.	1	d	Februarie. 1619.	
23	b	Emerentiana.	Vir. 26.	2	e	Purifica. of Mary	
24	c	3. ſũ. aft. Epi.	Libr. 9.	3	f		
25	d	Cō. of Paul.	Libr. 22.	4	g		
26	e	Policarp. bi.	Scor. 5.	5	a		☽ The laſt quart.
27	f	Julian biſh.	Scor. 16.	6	b		the 27. day 6. minut.
28	g	Tho. Aquin.	Scor. 29.	7	c		after high noone.
29	a	Valerius.	Sag. 11.	8	d		
30	b	Batild. Qu.	Sag. 23.	9	e		
31	c	4. ſũ. af. Epi.	Capr. 5.	10	f		Shrone ſunday.

This moneth as yet no Phyſicke vſe,
Forfeare that you your ſelfe abuſe:
Bleede not nor Bathe, be rul'd by me,
Except vpon neceſſitie.

1	d	Brigit. faſt	Cap. 17.	11	g	
2	e	Purif. of M	Cap. 29.	12	a	● The Newe
3	f	Blaſe Biſh.	Aqua. 12	13	b	Moone the 4. day
4	g	Gilb. Conf.	Aqua. 25.	14	c	57. minutes after
5	a	Agathie vir.	Piſc. 7.	15	d	11. of the clocke
6	b	Dozoth. vir.	Piſc. 21.	16	e	in the forenoone.
7	c	Shroue ſun.	Ari. 4.	17	f	
8	d	Paul biſhop.	Ari. 18.	18	g	☽ The 1. quar=
9	e	Solm. Faſt	Tau. 2.	19	a	ter the 11. day 57.
10	f	Scholaſtica	Tau. 16.	20	b	minut. after high
11	g	Outrage vir.	Gem. 1.	21	c	noone.
12	a	Terme end	Ge . 15.	22	d	
13	b	wed. go out.	Can. 0.	23	e	
14	c	1. ſun. in lent.	Can. 14.	24	f	S. Mathias.
15	d	Faultine biſh.	Can. 28.	25	g	● The full
16	e	Julian biſh.	Leo. 12.	26	a	Moone the 18.
17	f	Emb. wecke	Leo. 26.	27	b	day, 23. minutes
18	g	Simeon.	Virg. 9.	28	c	after 11. of the
19	a	Sabine pr.	Vir. 22.	1	d	March 1619.
20	b	Wildred vir.	Lib. 5.	2	e	clocke in the fore=
21	c	2. ſun. in lent	Lib. 17.	3	f	noone.
22	d	Cathe. Sper	Lib. 29.	4	g	
23	e	Polica. faſt	Sco. 12.	5	a	☽ The laſt
24	f	S. Mathias	Sco. 24.	6	b	quarter the 26.
25	g	Inu. of Paul	Sagit. 6.	7	c	day 37. minutes
26	a	Alexan. biſh.	Sag. 18.	8	d	after 8. of the
27	b	Auguſt. biſh.	Capr. 9.	9	e	clocke in the fore=
28	c	3. ſun. in lent	Capr. 13.	10	f	noone.

Now March begins the Springing time,
The Sunne hath got the equall line:
Vse Phyſickes Art and all thy skill,
To helpe diſeaſes that be ill.

1	d	Dauid Bi.	Capr.25.	11	g	● The new moo.	
2	e	Chadde Bi.	Aqua.8.	12	a	the 6. day, 7. min.	
3	f	Maurice.	Aqua.20.	13	b	after one of the	
4	g	Adriã Mart.	Pisce.3.	14	c	clocke in the mor-	
5	a	Focas & Eu.	Pisc.17.	15	d	ning.	
6	b	Victor mart.	Ari.0.	16	e		
7	c	4.fun.in lent	Ari.14.	17	f		
8	d	Me.of Felix.	Ari.28.	18	g	) The firſt quar.	
9	e	40.martirs.	Tau.13.	19	a	the 12. day 34.	
10	f	Agapite.	Tau.27.	20	b	minutes after 7.	
11	g	Sol in Arles	Gem. 12.	21	c	of the clocke at	
12	a	Greg. Biſh.	Gem. 26.	22	d	night.	
13	b	Theodore.	Can. 11.	23	e		
14	c	5.fun. in lent	Can.25.	24	f		
15	d	Longine mar.	Leo.9.	25	g	Annun. of Mary	
16	e	Ciriacke.	Leo.22.	26	a	● The ful Moo.	
17	f	Gertrude.	Virg.5.	27	b	the 20. day, 43.	
18	g	Edw. King.	Virg.18.	28	c	min. after one of	
19	a	Joſeph mary	Libr.1.	29	d	the clocke in the	
20	b	Cutbert.	Libr.13.	30	e	morning.	
21	c	Palmsunda	Libr.26.	31	f	Easter day.	
22	d	Affrodoſſe bi.	Scor.8.	1	g	Aprill	
23	e	Theodore p.	Scor.20.	2	a		
24	f	-mit reg. lac.	Sagit.2.	3	b		
25	g	An. of M	Sag.14.	4	c	) The laſt quar.	
26	a	Caſtor mart.	Sag.26.	5	d	the 28. day, 40.	
27	b	Martian.	Cap.8.	6	e	minutes after 3.	
28	c	Easter day	Cap.20.	7	f	of the clock in the	
29	d	Victor.	Aqua.3.	8	g	morning.	
30	e	Quirine ma.	Aqua.15.	9	a		
31	f	Adelme biſh.	Aqua.28.	10	b		

Aprill hath xxx. dayes.

This Aprill with his stormy showers,
Doth make the earth yeeld pleasant flowers:
Purge well therefore for it is good.
To helpe the body and cleanse the bloud.

1	g	Theodore.	Pisc.12.	11	c	● The new moon
2	a	Mary egipt.	Pisc.25.	12	d	the 4. day 40. minut.
3	b	Rich. bish.	Aries 9.	13	e	after 11. of the clock
4	C	1. sū. af. East.	Aries 23.	14		in the forenoone.
5	d	Wed. com in.	Taur.8.	15	g	
6	e	Martian.	Tau.22.	16	a	
7	f	Egisippus.	Gem.7.	17	b	☾ The first quar-
8	g	Perpetuus.	Gem.22.	18	c	ter the 11. day 52.
9	a	July bishop.	Canc.7.	19	d	min. after one of the
10	b	Passion 7. vi.	Can.22.	20	e	clocke in the mor-
11	C	Solin Caprus	Leo 5.	21		ning.
12	d	Oswald bi.	Leo 19.	22	g	
13	e	Eufemie vir.	Virg.2.	23	a	S. George.
14	f	Term begin	Virg.15.	24	b	
15	g	Lionard.	Virg.28.	25	c	Marke Euang.
16	a	Isidore bish.	Lib.10.	26	d	○ The full moon
17	b	Cosmie.	Lib.23.	27	e	the 18. day 55. min.
18	C	3. sū. af. East.	Scor.5.	28		aft. 4. of the clocke
19	d	Alphege Ar.	Scor.16.	29	g	in the after noone.
20	e	Victor bish.	Scor.28.	30	a	
21	f	Simeon. bi.	Sag.10.	1	b	May 1619.
22	g	Sother.	Sag.22.	2	c	
23	a	S. George.	Cap.4.	3	d	
24	b	Wilfri. bish.	Cap.16.	4	e	
25	C	Mark Euā.	Cap.28.	5		☽ The last quar-
26	d	Clem. bish.	Aqu.10.	6	g	ter the 26. day 13.
27	e	Anasta. bish.	Aqua.23.	7	a	min. after 8. of the
28	f	Victal. mart.	Pisc.6.	8	b	clocke at night.
29	g	Peter mill.	Pisc.20.	9	c	
30	a	Erkenwald.	Aries.3.	10	d	

May hath xxxj. dayes.

Now gallant May in his array,
Doth make the Fields pleasant and gay;
Walke early now for thy healths sake,
And still thou maist some Phisicke take.

1	b	Phili. & Jac.	Aries 17.	11	e	
2	☾	Roga. sunday.	Taur. 2.	12	f	● The new moon
3	d	Med. go out.	Taur. 17.	13	g	the 3. day 6. minutes
4	e	Florian.	Gem. 1.	14	a	after 8. of the clocke
5	f	Goddoard.	Gem. 16.	15	b	at night.
6	g	Ascent. day.	Can. 1.	16	c	
7	a	John Beuer.	Can. 16.	17	d	
8	b	Appa Mich.	Leo 1.	18	e	
9	☾	6. sũ. af. Ea.	Leo 14.	19	f	Whitsunday.
10	d	Terme end.	Leo 29.	20	g	☾ The first quar-
11	e	Antho. mart.	Virg. 12.	21	a	ter the 10. day about
12	f	Sol In Gemi.	Virg. 25.	22	b	11. of the clocke in
13	g	Seruat con.	Lib. 8.	23	c	the fore-noone.
14	a	Bonif. mart.	Lib. 20.	24	d	
15	b	Isidore mar.	Scorp. 2.	25	e	
16	☾	Whitsunday	Scor. 14	26	f	Trinitie sunday.
17	d	Trã. of Ber.	Scor. 26.	27	g	☾ The full moone
18	e	Diosco. mar.	Sag. 7.	28	a	the 18. day 22. min.
19	f	Emo. weeke	Sag. 19.	29	b	after 8. of the clocke
20	g	Bernardine.	Cap. 1.	30	c	in the forenoone.
21	a	Hellen Qu.	Cap. 12.	31	d	
22	b	Julian virg.	Cap. 24.	1	e	June 1619.
23	☾	Trini. sun.	Aqua. 6.	2	f	
24	d	Med. com in	Aqua. 19.	3	g	
25	e	Adelme bish.	Pisc. 1.	4	a	
26	f	Aug. of Eng.	Pisc. 14.	5	b	
27	g	Bedda prist.	Pisc. 28.	6	c	☽ The last quar-
28	a	Terme beg.	Aries 12.	7	d	the 26. day 51. min.
29	b	Coron mart.	Aries 26.	8	e	after 9. of the clocke
30	☾	Felix bish.	Tau. 10.	9	f	in the forenoone.
31	d	Petronill.	Tau. 25.	10	g	

This moneth of Iune vſe clarified whay,
Boyl'd with coole hearbs drinke alway:
From violent exereiſe now abſtaine,
Except thou wilt in trouble remaine.

1	e	Nichomede.	Gem. 10.	11	a	● The newe
2	f	Marcelline.	Gem. 25.	12	b	Moone the 2. day
3	g	Eraſ. mar.	Can. 10.	13	c	29. min. after 3. of
4	a	Petroci. con.	Can. 25.	14	d	the clocke in the
5	b	Boniface. b.	Leo. 9.	15	e	morning.
6	c	2. ſũ. aft. trin.	Leo. 24.	16	f	
7	d	Meliſſone.	Virg. 7.	17	g	
8	e	Milli. Arch.	Virg. 21.	18	a	☾ The firſt
9	f	Edmunde.	Lib. 4.	19	b	quarter the 8. day
10	g	Iuan. conſe.	Lib. 17.	20	c	42. minutes after
11	a	Barnabie.	Lib. 29.	21	d	9. of the clocke at
12	b	Sol in canc.	Scor. 11.	22	e	night.
13	c	3. ſũ. aft. trin.	Scor. 23.	23	f	
14	d	Anth. confeſ.	Sag. 5.	24	g	John Baptiſt.
15	e	Vitus & mod.	Sag. 17.	25	a	○ The full
16	f	Terme ends	Sag. 28.	26	b	Moon the 16. day
17	g	Botulph. cõ.	Cap. 10.	27	c	48. mi. after 11. of
18	a	Marc. & mar.	Cap. 22.	28	d	the clock at night.
19	b	Nu. Rex laco.	Aqua. 4.	29	e	Peter and Paul.
20	c	4. ſũ. aft. trin.	Aqu. 16.	30	f	
21	d	Walbur. vir.	Aqua. 28.	1	g	Julie. 1619.
22	e	Alban.	Piſc. 11.	2	a	
23	f	Etheldrede.	Piſc. 23.	3	b	
24	g	John Bapt.	Aries. 7.	4	c	
25	a	Trãſl. of eleg.	Aries 21.	5	d	☽ The laſt
26	b	Joh. & Paul.	Taur. 5.	6	e	quarter the 24.
27	c	5. ſũ. aft. trin.	Tau. 19.	7	f	day 13. min. after
28	d	Leo bi. Faſt.	Gem. 4.	8	g	8. of the clocke at
29	e	Peter Apoſt.	Gem. 19.	9	a	night.
30	f	Co. of Paul.	Can. 4.	10	b	

Now in July Dogge dayes begin,
The Riuers are best to bathe in t
To take hote drinkes be not too holde,
But vse hearbs which be moyst and colde.

1	g	Oc. of J. ba.	Can. 18.	11	c	● The Newe
2	a	visit. of Ma.	Leo. 3.	12	d	Moone the first
3	b	Trā. of Tho.	Leo. 18.	13	e	day 42. min. after
4	c	6. sū. aft. trin.	Virg. 2.	14	f	10. of the clock in
5	d	Foe virgin.	Vir. 16.	15	g	the fore-noone.
6	e	Oct. of Pet.	Lib. 0.	16	a	☾ The first quar-
7	f	Martialis.	Lib. 12.	17	b	ter the 8. day 13.
8	g	Thilian.	Lib. 25.	18	c	min. after 11. of
9	a	Cyril bishop.	Scor. 7.	19	d	the clocke in the
10	b	7. brethren.	Scor. 20.	20	e	forenoone.
11	c	7. sū. aft. trin.	Sag. 2.	21	f	● The full
12	d	Nabors Fe.	Sag. 14.	22	g	Moon the 16. day
13	e	Priuat. mar.	Sag. 25.	23	a	34. min. after 2. of
14	f	Sol in leo.	Cap. 7.	24	b	the clocke in the
15	g	Trā. of Swit.	Cap. 19.	25	c	James Apostle.
16	a	Tran. Osm.	Aqua. 1.	26	d	after noone.
17	b	Kenelme k.	Aqua. 13.	27	e	☽ The last
18	c	8. sū. aft. trin.	Aqua. 25.	28	f	quarter the 24.
19	d	Dogdayes b.	Pisc. 7.	29	g	day 54. min. after
20	e	Marg. virg.	Pisc. 20.	30	a	3. of the clocke in
21	f	Praxed vir.	Ari. 3.	31	b	the morning.
22	g	Ma. Mag.	Ari. 16.	1	c	August. 1619.
23	a	Apollone vi.	Tau. 0.	2	d	
24	b	Christ. Fatt.	Tau. 14.	3	e	
25	c	James Apo.	Tau. 29.	4	f	● The Newe
26	d	An mo. of M	Gem. 13.	5	g	Moon the 30. day,
27	e	7. sleepers.	Gem. 28.	6	a	38. minut. after 6.
28	f	Sampson b.	Can. 13.	7	b	of the clocke at
29	g	Felix his fel.	Can. 27.	8	c	night.
30	a	Abd. & Sen.	Leo. 12.	6	d	
31	b	German bi.	Leo. 26.	10	e	

August hath xxxj. dayes.

The moneth of August take good heede,
For now will many surfets breede:
Let little sleepe thee now content,
If that diseases thou wilt preuent.

1	☾	Lammas da.	Vir. 10.	11	f
2	d	Steuen bi.	Vir. 24.	12	g
3	e	Inu. of Ste.	Lib. 7.	13	a
4	f	Iustine prist.	Lib. 20.	14	b
5	g	[illegible]	Scorp. 3	15	c
6	a	Trā. of Chr.	Scor. 15.	16	d
7	b	Cirlacke.	Sco. 27.	17	e
8	☾	11. sū. af. tri.	Sag. 10.	18	f
9	d	Romā mart.	Sag. 22.	19	g
10	e	Lawrence.	Capr. 4.	20	a
11	f	Tiburt mar.	Cap. 16.	21	b
12	g	Clare virgin	Capr. 28.	22	c
13	a	Ipa. canisoc	Aqu. 10.	23	d
14	b	Sol in virgo.	Aqu. 22.	24	e
15	☾	Assū. of Ma.	Pisc. 5.	25	f
16	d	Roch mart.	Pis. 17.	26	g
17	e	Octa Lawr.	Aries 0.	27	a
18	f	Agapite ma.	Aries 13.	28	b
19	g	Magn. mar.	Ari. 27.	29	c
20	a	Lodow. bish.	Tau. 10.	30	d
21	b	Bern. confes.	Tau. 25.	31	e
22	☾	13. sū. af. tri.	Gem. 9.	1	f
23	d	Timo. Fast	Gem. 23.	2	g
24	e	Bartho. Ap.	Can. 8.	3	a
25	f	Lewes king.	Can. 23.	4	b
26	g	Dog day end	Leo 7.	5	c
27	a	Ruph mart.	Leo 21.	6	d
28	b	August. bish.	Virg. 5.	7	e
29	☾	Dec. of Joh.	Virg. 19.	8	f
30	d	Felix & Aud.	Lib. 2.	9	g
31	c	Cutburg. bi.	Lib. 15.	10	a

☽ The first quar. the 7. day 6. minuts after 3. of the clock in the morning.

○ The full woon the 15. day 29. min. aft. 4. of the clocke in the morning.

Barthol. Apost.

☽ The last quarter the 22. day 41. min. after 9. of the clocke in the forenoone.

Septemb. 1619.

● The new moon the 29. day 15. min. after 4. of the clocke in the morning.

September hath xxx. dayes.

Now maist thou Physicke safely take,
And Bleede and Bathe for thy healthes sake:
Eat Figges, and Grapes, and Spicerie,
For to refresh thy members drie.

1	f	Giles Abbot.	Lib. 28.	11	b	☾ The first quarter the 5. day 54. minutes after 8. of the clock at night.
2	g	Antho. mart.	Scor. 10.	12	c	
3	a	Gregorie.	Scor. 23.	13	d	
4	b	Trans. of cut	Sag. 5.	14	e	
5	☾	15. sũ. af. tri.	Sag. 17.	15	f	
6	d	Eugenius.	Sag. 29.	16	g	● The full moone the 13. day 18. min. after 5. of the clocke at night.
7	e	Na. reg. El.	Cap. 12.	17	a	
8	f	Nat. of Ma.	Cap. 24.	18	b	
9	g	Gorgo. mar.	Aqua. 6.	19	c	
10	a	Siluius bi.	Aqua. 18.	20	d	
11	b	Proth ã Jac.	Pisc. 1.	21	e	Mathew Apost.
12	☾	Marti. bish.	Pisc. 14.	22		
13	d	Solin Libra.	Pisc. 26.	23	g	☽ The last quarter the 20. day about three of the clock in the after-noone.
14	e	Exalt. crucis	Aries 10.	24	a	
15	f	Emb. week.	Aries 23.	25	b	
16	g	Eufemie vi.	Taur. 7.	26	c	
17	a	Lambert bi.	Tau. 21.	27	d	
18	b	Vict. & coro.	Gem. 5.	28	e	
19	☾	17. sũ. af. tri.	Gem. 20.	29	f	Michael Arch.
20	d	Eu sta Fast.	Can. 4.	30	g	
21	e	Math. Apo.	Can. 14.	1	a	October 1619.
22	f	Mau. & his f.	Leo 3.	2	b	
23	g	Esdra.	Leo 17.	3	c	
24	a	Samuell.	Virg. 1.	4	d	
25	b	Firmi. mart.	Vir. 15.	5	e	● The new moon the 27. day 15. min. after 4. of the clocke at night.
26	☾	18. sũ. af. tri.	Vir. 28.	6	f	
27	d	Cos. & Dam.	Lib. 11.	7	g	
28	e	Exu. bi. Fast.	Lib. 24.	8	a	
29	f	Mich. Arch.	Scor. 6.	9	b	
30	g	Hierom prist.	Sco. 18.	10	c	

This Month hot drinkes and meates be good,
To keepe thy health and nourish thy bloud:
Prouide warme clothes and goe dry,
Thou shalt escape much danger thereby.

1	a	Remigi. bish	Sagit. 1	11	d		
2	b	Leodegar. bi.	sagit. 13	12	e	☾ The first quar-	
3	c	19.sū.aft.tri.	sagit. 25.	13	f	ter the 5. day, 55.	
4	d	Francis conf	Capri. 7.	14	g	min. after 3. of the	
5	e	Apolin. mar.	capric. 20	15	a	clocke in the after-	
6	f	Faith virgin	Aquari. 1	16	b	noone.	
7	g	Mart. & Ma	aquar. 14	17	c		
8	a	Pelagie bir.	aquar. 26	18	d	Luke Euangelist.	
9	b	Terme beg.	Pisces 9	19	e		
10	c	20.sū.aft. tri	pisces 22	20	f	● The full moon	
11	d	Nicasius m.	Aries 5	21	g	the 13. day, about 5.	
12	e	Wilfrid bish	Aries 19.	22	a	of the clocke in the	
13	f	trans. of Ed.	Taur. 2	23	b	morning,	
14	g	Sōlin Scorpio	Taur. 17	24	c	☽ The last quar-	
15	a	Wolfran B.	Gemi. 1	25	d	ter the 19. day, 38.	
16	b	Mich. moun.	Gemi. 16	26	e	min. after 9. of the	
17	c	21.sū. aft. tri	Cancer 0	27	f	clocke at night.	
18	d	Luke Euan.	Canc. 15	28	g	Simon and Jude.	
19	e	Frodeswich.	Canc. 29	29	a		
20	f	Aufrebert	Leo 14.	30	b		
21	g	Vrsula virg.	Leo 28.	31	c		
22	a	Mary Salo.	Virgo 11	1	d	November 1619.	
23	b	Roman bish.	Virgo 25	2	e		
24	c	22.sū.aft.tri.	Libra 8	3	f		
25	d	Crisp. & Crisp.	Libra 20	4	g	● The new moon	
26	e	Enar. & ama	Scorp. 3	5	a	the 27. day, 15. min.	
27	f	Florent.	Scor. 15	6	b	after 7. of the clocke	
28	g	Simon & Iu	Scor. 27	7	c	in the morning.	
29	a	Narcissus B	Sagit. 9	8	d		
30	b	German bish	Sagi. 21	9	e		
31	c	Quintin	Capri. 3.	10	f		

Now mayst thou drinke sweet wine freely,
And vse good mirth and company:
Abstaine from wrath and all enuy,
And vse thy brethren charitably.

1	d	All Saints	Capr. 15	11	g	
2	e	All soules	Capr. 27	12	a	☾ The first quar-
3	f	Winefride	Aqua. 9	13	b	ter the 4. day, 7. min.
4	g	Emantius	Aqua. 21	14	c	after 11. of the clock
5	a	Capilla con	Pisces 4	15	d	in the forenoone.
6	b	Leonard Ab	Pisc. 17	16	e	
7	c	24. su. aft. tri.	Aries 0	17	f	
8	d	4. Crowned.	Aries 13	18	g	● The full moon
9	e	Theod. mar.	Aries 27	19	a	the 11. day, 4. min.
10	f	Martin	Taur. 11	20	b	after 4. of the clocke
11	g	Martin bish.	Taur. 26	21	c	at night.
12	a	Brice Conf.	Gem. 10	22	d	
13	b	Dom Sagita	Gem. 25	23	e	
14	c	25. su. aft. tri.	Canc. 10	24	f	☾ The last quar-
15	d	Macute bish	Canc. 25	25	g	ter the 18. day, 43.
16	e	Depos. of Ed	Leo 9	26	a	min. after 6. of the
17	f	Hugh bishop	Leo 24	27	b	clocke in the mor-
18	g	Octa martin	Virgo 8	28	c	ning.
19	a	Elizabeth	Virg. 21	29	d	
20	b	Edmund K.	Libra 5	30	e	Andrew Apostle.
21	c	26. su. aft. tri.	Libra 18	1	f	December. 1619.
22	d	Cicelie virg.	Scor. ●	2	g	
23	e	Clement P.	Scor. 12	3	a	
24	f	Grisogon m.	Scor. 24	4	b	
25	g	Katherin vir	Sagit. 6	5	c	● The new moon
26	a	Linus bishop	Sag. 18	6	d	the 26. day, 3. min.
27	b	Terme ends	Capr. ●	7	e	before 1. of the clock
28	c	Aduent sun.	Capr. 11	8	f	in the morning.
29	d	Wed. go out	Capr. 23	9	g	
30	e	Andrew Ap.	Aquar. 5	10	a	

This Moneth as I doe now remember,
The twenty fiue of this December,
Our Sauiour Christ was borne that day,
That we might praise his name alway.

1	f	Eligius bi.	Aqua. 17.	11	b	☽	The first quar-
2	g	Liban. mart.	Aqua. 29.	12	c		ter the 4. day 5. min.
3	a	Depo. of Di.	Pisc. 12.	13	d		after 5. of the clocke
4	b	Barba. vir.	Pisc. 25.	14	e		in the morning.
5	c	2. sū. in Aduē.	Aries 8.	15	f		
6	d	Nicholas bi.	Aries 21.	16	g		
7	e	Oc. S. Inn.	Taur. 5.	17	a	○	The full moone
8	f	Con. of Ma.	Taur. 23.	18	b		the 11. day 32. min.
9	g	Cipri. Abbot	Gem. 4.	19	c		after 2. of the cloche
10	a	Thristian.	Gem. 19.	20	d		in the morning.
11	b	Damas. bi.	Can. 4.	21	e		
12	c	Solin Capr.	Can. 19.	22	f		
13	d	Paul bishop.	Leo 4.	23	g		
14	e	Lu. v. 13. da.	Leo 18.	24	a		
15	f	Emb. week.	Vir. 3.	25	b		Christmas day.
16	g	S. Sapientia.	Vir. 17.	26	c		S. Stephen.
17	a	Lazarus bi.	Lib. 1.	27	d		S. John.
18	b	Gratian bi.	Lib. 14.	28	e		Innocents.
19	c	4. sū. in Aduē.	Lib. 27.	29	f	☾	The last quar-
20	d	Iuliā. Fast.	Scor. 9.	30	g		ter the 17. day 20.
21	e	S. Tho. Ap.	Scor. 22.	31	a		minut. after 7. of the
22	f	30. martirs.	Sag. 4.	1	c		clocke at night.
23	g	Victor virgi.	Sag. 16.	2	b		January 1620.
24	a	Ad. & Eu. fall	Sag. 27.	3	d		
25	b	Christmas.	Cap. 9.	4	e	●	The new moon
26	c	S. Stephē.	Cap. 21.	5	f		the 25. day 15. min.
27	d	S. John.	Aqua. 2.	6	g		after 8. of the clocke
28	e	Innocents.	Aqua. 14.	7	a		at night.
29	f	Tho. Becket	Aqua. 26.	8	b		
30	g	Dauid.	Pisc. 8.	9	c		
31	a	Siluest. ma.	Pisc. 20.	10	d		

Anno. 1619.

A Prognostication seruing for the yeare of our Lord God and Saui-our Iesus Christ. 1619.

¶ Wherin you may behold and obserue, the grounds of the alteration and constitution of the foure quarters of this yeare, and also the estate and disposition of the ayre, for euery seuerall Moneth according to the inclination of the Celestiall bodyes, with the change of the Moone, and the time of the Eclipses: and other necessary obseruations, conuenient in such a worke to be noted.

Calculated, and especially referred, to the longitude and Elleuation of the Pole Artick, at the famous towne of great Yarmouth, in Norfolke, and may serue indifferently for all England.

Collected and published by Ioffery Newse, Gent.

A neceſſary rule to know the beginning & ending of euery Terme, with their Returnes.

¶ Hillarie Terme beginneth the 23. date of January and endeth the 12. of Febzuary, & hath foure returnes

Octabis Hillarij. } { Craſtino Purifica.
Quind. Hillarij. } { Octabis Purifica.

¶ Easter Terme beginneth 17. dates after Easter, and endeth the monday next after Ascension date, and hath fiue Returnes.

Quind. paſchæ. } { Quinque paſchæ.
Tres paſchæ. } Meniſe paſchæ. { Craſti Aſcenſion.

¶ Trinitie Term beginneth the Friday next after Trinity Sunday, and endeth the seuenight fortnight after, and hath foure Returnes, that is to say.

Craſti Trinitatis. } { Quind. trinitatis.
Octabis Trinitatis. } { Tres trinitatis.

¶ Michaelmas Terme beginneth the 9. day of October, and endeth the 28. of November. And hath 8. Returnes, that is to say.

{ Octabis Michael. } { Craſt. Animarum. }
{ Quind. Michael. } { Craſt. Martinij. }
{ Tres Michael. } { Octabis Martinij. }
{ Meniſe Michael. } { Quind. Martinij. }

¶ Note also that the Exchequer openeth eight dates before any Termes beginne, except Trinity Terme, in which it openeth foure dates before.

¶ On theſe dayes following, the Judges ſit not at Weſtminſter.

In { Hillary / Easter / Trinity / Michaelmas. } Terme, on { Candlemas / Aſcenſion / Midſomer. / Alholland } day

Certaine profitable Rules and briefe obseruations, concerning Husbandrie.

The best time to sow all kinde of Corne, is when the moone goeth her course in Cancer.

The best time to plant and Graft, when the moone is in a fixed signe, especially in Taurus, Aquarius, or in the increase of the moone, which is betweene the change and the full.

To set or sow all kind of seeds, the moone being well seated in Aries, Taurus, Cancer, Virgo, Libra, Capricornus, Aquarius, or Pisces.

Fell Timber to build withall, when the moone is towardes the last quarter, shee being then in Aquarius, or Pisces.

Crop trees and fell wood to burne, that the stocks may the better and sooner grow again, when the moon is in the first quarter.

Remoue and set young trees in the last quarter of the Moone, in Taurus or Capricornus, and that in the moneths of September, October, November, and February.

The best time to geld Cattell, the moon being in Aries, Sagittarius, or Capricornus.

The best time to cut Vines, is in February, or March, the moone increasing, in Taurus, Virgo, or Libra.

The best time to sheare sheep, is in the increasing of the moone, and that is from the change to the full.

To cut haire, that it may the sooner grow againe, the moone increasing, in Taurus Virgo, or Libra.

To muche your land, that the weedes may not growe thereby, is in the decreasing of the Moone, that is, from the full to the change.

Of the Eclipſes which ſhall happen this preſent yeare of our Lord God, 1619.

There ſhall appeare and be preſented vnto the view of the Inhabitants, (vpon this our Terreſtrial Globe) this yeare of our Lord God, 1619 fiue eclipſes of the two great Lights of heauen, three of the Sunne, and two of the Moone, whereof the three of the Sun ſhall not be apparant in our Horizon, and therefore I omit for to make any further relation of them.

Of the firſt Eclipſe of the Moone.

VPon the 16 day of June being Wednesday, there will ſenſibly and viſibly appeare in our Horizon, a ſmall Eclipſe of the Moone, 48 minuts after 11 of the cloche at night, ſhe being at that inſtant diametrally oppoſite to the Sun, and placed in the firſt face of Capricornus, in a ſigne of the partition of the earthly Triplicity, naturally cold and dry of complexion, melancholy, Feminine, Nocturnall, Moueable, Meridionall, the houſe of Saturne, and the exaltation of Mars. This lunary obſcuration doth continue from the beginning to the end one houre, and 29. minuts: the points or degrees eclipſed, is one and 28 minuts.

Of the ſecond Eclipſe of the Moone

There will be obſerued to our ſights, a great eclipſe of the Moone, on the 11 day of December, being Saterday, 32 minutes after two of the cloche in the morning, ſhe being then placed (neere Cauda Draconis) in a ſigne of the ayrie Triplicity, naturally hot and moiſt, of complexion ſanguine, maſculine of the day, occidentall & common, the houſe of Mercury, the exaltation of the head of the Dragon. This lunary obſcuration doth continue from the beginning to the end, three houres and 15 minutes: the points or degrees eclipſed, are 11 and 4 minutes. As concerning the effects of this eclipſe, I will referre it to the Author of all, that is aboue all, becauſe no Iudicials are any way preiudiciall to his Almighty god-

goodnesse, which hath as well plenty and store, as scarsity and dearth in his handes: wherefore we are humbly to solicite, and beseech him by vnfained & zealous prayer, to abridge his punishments, and extend his blessings towards vs, Amen.

Briefe Rules and necessary Obseruations, concerning Bleeding, Bathing, Purging, and Sweating, according to the motions of the Moone.

When the weather is either extremely hot or cold, it is not then conuenient, either to let blood or to purge, vnlesse some great necessity do require it: yet notwithstanding if this blood-letting be for the Phrenzie, the Apoplexie, for a continuall headach, proceeding of Choler or blood, or for any hot burning Feuer, or other extreme paine, a man in such a case may not tarry a chosen time, because the patient might miscarry in the meane season. But in this foresaid case of extremity, blood is not to be let in such quantity as otherwise it would, if a chosen time might conueniently be expected.

The best time to let the Phlegmatick blood, is when the Moone is in Aries, or Sagittarius, the head and thighes excepted.

For the Melancholly, the Moone being in Libra, or Aquarius, the buttocks and legs excepted.

For the Choleriche, the Moone being in Cancer, Scorpio, or Pisces, the breast and feete excepted.

For the Sanguine, al be good which before is named. In the spring time let blood at the right side. In harueste time let blood at the left side.

For Bathing.

Bathings are commonly vsed, rather for pleasure then for profite, especially where hot-houses are ouer-much haun-

hannted: but I minde not to speake of them in this place, otherwise then to advertise those that tender their owne health, to be wary and circumspect in reso:ting unto them without iust cause, & immediately after, or with such persons as be uncleane. Know that it is not good to bathe when the Moone is in earthly signes, as in Taurus, Virgo, or Capricornus: the reason is because they are of a colde and dry nature, and the nature of cold is to refraine and binde: and so the moone being in these signes, the pores of the body are closed and shut, so that there can be no resolution of humors and superfluities, which by bathing, ought to be avoyded.

But in fiery signes, as when the moone is in Aries, Leo, or Sagitarius, then it is a good time for Bathing, for then the body is apt to resolution, for it is the nature of heate to open and resolue.

It is best bathing two or three dayes after the change, and at the full of the moone: for then the superfluities are ripe, and ready to avoide and disposed to flowe and issue out. which indeed is the very end and vse of bathing. If any will enter into the Bath, onely for pleasure sake, let the moone be in Libra or Pisces.

Further, if bathing be vsed for health, let the party greeued, learne of the wise Physician, whether his sickenesse hath need of moystening, or drying: for if it doth require moystening, as in Pthisis, and such like, then let him bathe in watery signes, hauing good aspects of Iupiter and Venus. But if the sickenesse require drying, as in paralysis, and the like, then let him bathe, the moon being in fiery signes, hauing good aspects of Mars and the Sunne.

Also, before you enter into any Bath, your body must be purged: for if you go in vnprepared and vnpurged, peradventure you may be worse after, then before.

The best time of the yeare to bathe in, is the Spring and Harueſt and in them the monthes of May and September. The best time of the day to go into the Bath, is an houre after the Sun rising at the least, alwayes provided, that you must walke either an houre, or halfe an houre before, & haue a stoole either by nature or by art. Ye

must

muſt couer your heads well, ſo long as ye be in the bath and beware you drinke no cold drinke, although you be very thirſty, but forbeare all things that bee colde, leſt when ye are hot within, the cold ſtrike ſuddenly into ſome principall member, and ſo hurt you.

The time of tarrying in the bath, is commonly one houre, but it may be more or leſſe, according to the nature of the bath, or ſickneſſe of the party, at the diſcretion of the wiſe Phyſition.

For Purging.

In purging, theſe 5. things ought to be knowne

1. The humor which aboundeth.
2. The beſt way to auoid it.
3. The ſtrength of the perſon.
4. The manner of the ſickneſſe.
5. The force and nature of the medicine.

For when theſe things are not conſidered and obſerued, many perilous accidents may follow, and greatly grieue and hurt the body.

Good ſignes for purging generally, are cancer, ſcorpio, and pisces.

Particularly, as with potions or drinkes, in ſcorpio.

Purge with electuaries, the Moone being in Cancer.

Purge with pils, the Moone being in Pisces.

Take preparatiues, the moone in Gemini, Libra, or Aquarius.

Take vomits, the moone in Aries, Taurus, or Capricorne.

Take gargariſes, the moone in Aries, Cancer, or Capricorne.

Take glikters, the moone in Libra, or Scorpio.

To prouoke neezings, the moone in Cancer, Leo, or Libra.

To ſtoppe fluxes, rheumes, and laxes, the moon being in Taurus, Virgo, or Capricornus.

Good to comfort the vertue attractiue, the moone in Aries, Leo, or Sagittarius.

Good to comfort the vertue digeſtiue, the moone in Gemini, Libra, or Aquarius.

Good

Good to comfort the vertue retentiue, the moone in Taurus, Virgo, or Capricorne.

Good to comfort the vertue expulsiue, the moone in Cancer, Scorpio, or Pisces.

For vsing of vnguents or plaisters, it is best applyed when the moone is in that signe which gouerneth the same member or part of ꝑ body, to which it is appliable.

For Sweatings.

Sweatings, as they are of two sorts, that is to say, naturall and artificiall, so they are vsed for two ends & purposes: the naturall sweate, if good heed be taken in opening the pores, will dissolue grosse and thicke humors, will cleanse the blood will comfort the spirits, will put away colds, will consume rawe humors, qualifie and quench raging feuers, will helpe numnesse & the dropsie. The artificiall sweate will cleanse scabs, put away itch, amend dulnesse in hearing, ease the stone, resolue congealed and cold melancholy blood and humors, &c. But for the better performing and effectuall working in these causes, the counsell of the learned Physitian is to be desired and vsed.

The best and meetest signes to sweat in, are Leo, Aries, and Sagittarius, and that two or three dayes after the Change, and at the full of the Moone. And note that sweatings is better to be done at the euening, then in the morning: for when the body hath nourishment within, the spirits shall not be drawne vtterly forth, to the extreme parts. Note further, that leane and dry folkes, or feeble persons must sweat little, for it will hurt thē much: but fat folkes may sweat well, & it will helpe thē much.

¶ A Description of the foure quarters of this yeare of our Lord God, 1619.

Of Winter.

WInter (which is the chiefe capitall foe of ꝑ Spring, the disgrace of Sommer, and the deepe deuourer

of

of the fruitfull Harueſt) began to take his effects (according to our vſuall computation) the 12. of December, in the yeare afore-going, at the firſt entring of the Sun into the firſt minute of the ſigne Capricornus, at which time, the Sun ſhall be at his greateſt ſouth declination from the equinoctiall line, ſo that he riſeth ſouth-eaſt, and ſetteth ſouth-weſt. Now is the hiemall or Winter ſolſtice, for the Sun is ſo farre removed from our Zenith or verticall point, that he cannot decline any further, and ſtands at a ſtop and ſtay, and then is the ſhorteſt day in all the yeare, & longeſt night: and ſo this quarter doth continue vnto the 11. of March next enſuing.

Touching the inclination and diſpoſition of the Weather for this quarter, I gather that it will not vary much from the naturall quality, eſpecially for colde windes & boiſterous ſtormes, noiſome and hurtfull to men & cattel, &c. This ſeaſon is by nature cold and moiſt, vnpleaſant for trauellers, eyther by land or ſea, and vnto aged perſons it is very combrous and noyſome, cauſing ſuperfluity of rawneſſe, and abundance of cold moiſtneſſe to ouerflow their bodies, to their great trouble & diſquietnes, &c.

Of the Spring.

THe Sun (which is the eye of the World, the fountain of light, and the cheefe moderatour of all the reſt of the lights) hath like a Gyant run his race, and finiſhed his reuolution, (Gradatim) throughout the 12. ſignes, and now beginneth his iourny afreſh againe, and goeth an eeuen courſe, and ſo becomes an indifferent arbiter betweene the day & night, and maketh an equality throughout his whole gouernment to the great ioy and comfort of all his reuiued ſubiects. chearing with his ſplendant countenance, the poore afflicted weather-worne wordes of this our darke ſtarre of mortality, (which the darkned countenance of Winters extremity, had almoſt ſubdued) with his moſt excellent preſence, whereat Yearth begins to ſmile, and to put on her new apparell, the flouriſhing liuery of freſh Flora, whoſe liberall proceedings will not be much hindered with any extraordinary diſtemperature, but rather continue in ſome reaſonable con-

dition,

dition, little disagreeing from the naturall quality, to the ioy and comfort of all sorts of budding, blooming, and sprouting things.

This season is naturally hot and moist, the most temperate time of the yeare, and least harder of sickenes that doth procure death, & a very conuenient time to remedy diseases gotten before, if men vse the councell of the learned. Such therefore as be diseased, let them not neglect this time.

Of Summer.

SUmmer, the third part of our vulgar yeare, according to our vsuall computation, beginneth now when the Sun hath mounted in his motion to the highest point of his course, namely to the first degree of the estiuall solstice Cancer, which is his greatest declination to the North from the equinoctiall line: and then is the longest day and shortest night with vs in the yeare, at which time beginneth our summer season, which is this yeare vpon the 12. of June, which quarter doth endure till the Sun hath gone through these summer signes, Cancer, Leo, and Virgo, from the first day, whereof the daies continually decrease by little and little, euen to the contrary Solstice, Capricorne described before in the winter quarter.

This season according to his proper nature is hot & dry, resembling the Element of fire, and complexion of choller, bringing all fruites to their ripenesse, cattell to their fatnesse and men to their wealth.

Concerning the state and condition of the season, it is likely to be vnconstant, and somewhat differing from the naturall quality.

Of the last quarter called Autumne.

AUtumne, the fourth part of the yeare Astronomicall, taketh his beginning at the Sunnes departure from the last scruple of Virgo, into the first minute of the second equinoctiall signe Libra, which will be this yeare on the 13 of September, the day and the night being of

an

an equall length, as in the Spring: but the ſeaſons are farre vnlike in qualitie, for this time is of it ſelfe vnconſtant and variable, warme in the day time, and cold in the night.

Touching the particular inclination of this quarter, I do coniecture that it will be ſubiect to lofty windes & ſtormes vnconſtant for trauellers either by land or ſea.

This quarter becauſe of the inequality of temperature, may as Hippocrates ſaith, be called the Mother or nurſſe of deadly ſickneſſes And Galen ſaith, that this time is moſt perillous: for whatſoeuer hath beene euill in the ſeaſons before and becauſe of the euill of the ayre in the hot Summer, it will giue great force to the peſtilence or peſtidentiall Feuer.

¶ *A declaration of the inclination and diſpoſition* of the weather and winds, according to the diuers motions and influences of the Erraticall & fixed ſtars: with the day, houre, and minute of the change of the Moone, her full, & quarters: and alſo of the riſing and ſetting of the Sun, in euery ſeauenth day of euery month of this yeare of our Lord God, 1619.

¶ Of Ianuary.

Day	The ſunne riſeth.	The ſunne ſetteth.
1	houre 8 and 3 minuts	houre 3 and 57 minuts.
7	houre 7 and 56 minuts	houre 4 and 4 minuts.
14	houre 7 and 46 minuts	houre 4 and 14 minuts.
21	houre 7 and 34 minuts	houre 4 and 26 minuts.
28	houre 7 and 23 minuts	houre 4 and 37 minuts.

Newmoone the 5. day, 48 minuts after ſeuen of the clocke at night, cloudy and cold.

Firſt quarter the 13. day. 32, minuts after fiue of the clocke in the morning, ſome ſtorme to be expected.

Full moone the 19, day, 24 minutes after 10 of the clocke at night, apt for the time.

Laſt quarter the 27. day, 6 minuts after high noone, ſome fall of ſnow or raine.

Ianu-

Ianuaries Abstract.

In this Month of January let not blood, neither ble but little Phisicke, except necessity constraine thee, and beware of taking cold, for in this month, Rheumes and Flegme do much increase, to fast long is hurtfull, but to drinke White-wine fasting is good and wholesome, ble meates and drinks that are naturally hot moderately, and weare warme cloathes.

In worldly businesse this month you may set all kind of common fruit-trees, as Pears, Plums, Cherries, Filberds, Walnuts, and such like. Haw-thornes, and all sorts of quicke-sets, trees, or Plants, are fittest to be set, generally from the change to the first quarter.

Take away the Mosse and superfluous branches from your trees, & this month it is good to set Beanes, pease, Parsneps Radish, Lekes, Garlike, Turneps, and Onions, if the weather be milde, and the moone past her ful. You may begin to Graffe at the ende of this month, so as the moone be increasing in her light.

Good husbands also this month, crop their Trees, fell Timber, and geld their Cattell, such as must be gelded, the state of the moone alwaies considered.

¶ Of February.

Day	The Sun riseth.	The Sun setteth.
1	hou. 7 and 13 min.	houre 4 and 47 min.
7	hour 7 and 4 min.	houre 4 and 56 min.
14	hou. 6 and 50 min.	houre 5 and 10 min.
21	hou. 6 and 34 min.	houre 5 and 26 min.
28	hou. 6 and 22 min.	houre 5 and 38 min.

New moone the 4. day, 57 minuts after 11. of the clock in the morning, stormy and inconstant.

First quarter the 11. day, 57 minutes after high noone, boisterous and ruffeling windes.

Full Moone the 18 day, 13 minutes after a 11 of the clocke in the forenoone, ouer-casting clouds.

Last quarter the 26. day, 37. minuts after 8. of the clocke in the forenoone, answerable to the season.

Febru-

Februaries Abstract.

In this Moneth of Februarie, all slimy Fish, Milke, or Rice, and such like, that do oppilate or stop the Liuer and veines, or thicken the blood, are to be eschewed as enemies to health: also yet forbeare Phisicke and letting of blood, except great necessity do constraine it, and learned counsell do aduise it. Beware of taking cold, for now are Agues apt to be taken, and it is very ill to take heats, and afterwards sodaine cold vpon them.

In this month, is the most apteſt time to graft, to plant, and to set all kind of trees and bushes, the winde & weather, and age of the moone afore-hand considered. Peale, Beanes, Hastings, Onions, Parsneps, and such like, as in Januarie, may very fitly bee set in the wane of the Moone. The time is now to trim vp Gardens, to set and sow all kindes of Kitchen hearbs, to set slips, and to sow Kernels, to sow Mustardseed and Dates to set hops and Vines, and to cut and pruine them, and to sticke vp your rounciuall Pease and Hastings.

¶ Of March

Day	The Sun riseth.	The Sun setteth.
1	hou. 6 and 20 min.	houre 5 and 40. min.
7	hou. 6 and 8 minut	houre 5 and 52 min.
14	hou. 5 and 54. min.	houre 5 and 6 min.
21	hour 5 and 40 min.	houre 6 and 20 min.
28	hour 5 and 26 min.	houre 6 and 24 min.

New moone the 6 day, 7 minuts after one of the cloche in the morning, ouer-casting cloudy.

First quarter the 12 day, 34 minuts after 7 of the clock at night, windy and vnconstant.

Full Moone the 20 day, 43 minutes after one of the clocke in the morning, some fall of moisture.

Last quarter the 28 day, 40 minuts after 3 of the clock in the morning apt for the time.

Marches Abstract.

In this Moneth of March, the humours of

mans

mans body begin to increase: and nowe grosse feeding breedeth grosse blood and grosse humors: and therefore vse meats of good digestion, & such as breed good iuyce. It is a good time to purge and clarifie the bloud, by Potions, Bathings, and Blood-letting, or such other waies, as the learned Phisition shal appoint, and as the cause of the disease shal require. Now also sweet meats and drinkes are commendable.

The time of grafting as yet indureth, together with setting, sowing, proining, and plashing, of Vines, Hoppes, Willowes, Oates, fielde-pease, Onions, and Parsneps, and such like, &c.

¶ Of Aprill.

Day	The Sun riseth.	The Sun setteth.
1	hou. 5 and 18 min.	houre 6 and 42 min.
7	hour 5 and 6 min.	houre 6 and 54 min.
14	hou. 5 and 54 min.	houre 7 and 6 min.
21	hou. 4 and 39 min.	houre 7 and 21 min.
28	hou. 4 and 29 min.	hour 7 and 31. min

New Moone the 4. day, 40. minutes after 11. of the clocke in the forenoone, vnconstant and variable.

First quarter the 11. day, 52 minuts after one of the clocke in the morning, some fall of moisture.

Full moone the 18. day, 55 minuts after foure of the clocke in the afternoone, some Aprill shewers.

Last quarter the 26, day, 13, minutes after 8 of the clocke at night, ouer-casting clouds for raine.

Aprils Abstract.

In this Month of April, the Pores of men are opened, and are apt to receiue Phisicke: and they that now refuse the same, I commit them

to

to the benefite of Nature, for of all times of the yeere, this is the best time to preuent causes of sicknesses, or for speedy remedie in extreamities: for now nature her selfe doth renew strength through all the body. So where sickenesse happeneth, shee soone vnburdeneth by the meanes of Phisicke: wherefore what it cannot doe now, hereafter it will hardly be done, therefore take time whilst time is, &c.

As yet you may graft and proine Vines, also set Melons, Cowcumbers, Citrons, Artichokes, and pole vp Hops, sow Barley, Tanners apply themselues to Barking of trees, &c.

5 Of May.

Day	The Sun riseth.	The Sun setteth.
1	hou. 4 and 23 min.	hour 7 and 37 min.
7	hou. 4 and 15 min.	hour 7 and 45 min.
14	hou. 4 and 5 min.	hour 7 and 55 min.
21	hou. 3 and 56 min.	houre 8 and 4 min.
28	hou. 3 and 50. min.	hour 8 and 10 min.

New moone the 3. day, 6. minutes after 8. of the clocke at night, somewhat cloudy and windy.

First quarter the 10. day, about 11 of the clocke in the forenoone, stormy and vnconstant.

Full moone the 18 day, 22. minutes after 8. of the clock in the forenoone, windy and vncertaine.

Last quarter the 26. day, 51. minuts after 9 of the clock in the forenoone, some fall of raine.

Mayes Abstract.

In this month of May rise early, for May doeth not loue any sluggards. And let such as be in health and able, walke into the fields, and to eate and drinke a little

bettimes

betimes is wholesome: abstain from al meats as be of a hot nature. And for such as be sick, it is a very good time to bee let blood, or to take Phisicke. Such as bee whole, God keepe them in health: and such as bee sicke, God send them good Phisitians and Phisicke.

The time is fitting now to sow Basill, Marierom, & such fine seedes, as before might not bee sowne, because of the coldnesse of the weather. Set Sage according to the prouerb, set Sage in May, and it will last alway. Sow flax and Hemp, set Hartichockes, weed your Hops and Gardens see to your Grafts, that no superfluous branches trouble them: May dew, Rosemary flowers, and Orant flowers, may at your pleasure be distilled this month, and now also haue a care of watching your Bees.

¶ Of Iune.

Day	The sunne riseth.	The sunne setteth.
1	howre 3. and 49. min.	howre 8 and 11 minuts.
7	howre 3. and 46. min.	howre 8 and 14 minuts.
14	howre 3. and 47. min.	howre 8 and 13 minuts.
21	howre 3. and 49. min.	howre 8 and 11 minuts.
28	howre 3. and 52. min.	howre 8 and 8 minuts.

New moone the 2. day, 19 minuts after 3 of the clocke in the morning, ouercasting cloudes.

First quarter the 8. day, 42. minuts after 9. of the clocke at night, temperate.

Full moone the 16 day, 48. minuts after 11 of the clock at night, pleasant weather.

Last quarter the 24. day. 13 minutes after 8. of the clocke at night, answerable for the season.

Iunes Abstract.

In this Moneth of June, if thou must needes vse Physicke, take it earely in the Morning, that it may haue wrought before the heate of the day; and vse a light or thinne diet, for the stomacke

macke is not now so able to digest as in winter, or some other of the former Monthes. It is very good and conuenient for some to drinke clarified Whay, boyled with cold Hearbes, and to abstaine from violent exercises.

Distilling of Roses, making sirrops and conserues are now in the prime. Now gather such hearbs as you meane to keepe all the yeare, but be sure you bey them in Flowe. Good Husbands and huswiues are now watering of the Corne & Gardens, others shearing their sheep. The time serues to set Rosemary and Gillaudiowers. Gode harde now of cutting of either hedge, tree, or herbs, with a wise, but rather gather them with your fingers. Now may you set Onstron, carry out compost, make Hay, sid Marbrent of Quailes, Ants, or Pelwices, &c.

¶ Of Iuly.

Day	The Sun riseth.	The Sun setteth.
1	hou. 3 and 54 min.	houre 8 and 6 min.
7	hou. 3 and 59 min.	houre 8 and 1 min.
14	hou. 4 and 7 minut	houre 7 and 53 min.
21	hour 4 and 20 min.	houre 7 and 40 min.
28	hour 4 and 30 min.	houre 7 and 30 min.

New moone the first day, 42. minuts after 10. of the clocke in the foremoone, somewhat windy & rainy.

First quarter the 8. day, 13 minuts after eleuen of the clocke in the foremoone, pleasant weather.

Full moone the 16. day, 34 minuts after 2. of the clocke in the afternoone, some heate drops.

Last quarter the 24. day, 54 minuts after 3. of the clock in the morning, wauering and inconstant.

New Moon the 30. day, 38. minuts after 6. of the clock at night, faire and temperate.

Iulies Abstract.

In this month of Iuly, use cold hearbs, and cold meats, sustain no great thirst, for feare of breeding of Agues and

Pestilence, abstaine from Phisicke and extreame exercises. And now the Riuers are more wholesome then the Baths. Let the Sunne be vp before you walke abroade, and take heed of filthy gutters, and stinking lanes. In the time of any plague or pestilence keep your chamber windowes close shut, aswell all nights, as also in close, foggy, and moist daies, opening them when the sun hath force of shining, and bee sure to perfume your Chambers euery euening, with Mastiche or Frankinsence, or with Tarre put vpon a Chafing-dish of Coales, then which nothing is better, and let them vse Carduus Benedictus, boyled and vsmake fasting.

Hay harkest now calleth slacke husbands to work, and such as haue leisure, it is good to fallow for wheat, and to carry out sone, and to gather seeds and flowers to keepe all the yeare, and to dry the flowers in the shade, till they be almost dry, and then set them a while to the sun, that they mould not: and in like manner may you vse your hearbs.

¶ Of August.

Day	The Sun riseth.	The Sun setteth.
1	hou. 4 and 36 min.	houre 7 and 24 min.
7	hou. 4 and 48 min.	houre 7 and 12 min.
14	hour. 5 and 0 min.	houre 7 and 0 min.
21	hou. 5 and 16 min.	hour 6 and 44 min.
28	hou. 5 and 27 min.	hour 6 and 33 min.

First quarter the 7. day, 6. minutes after three of the clock in the morning, some shewers.

Full Moone the 15. day, 29. minuts after 4 of the clock in the morning, ouercasting Clouds for raine.

Last quarter the 22. day, 4 minuts after 9. of the clock in the forenoone, windy and vnconstant.

New moone the 29. day, 15. minutes after 4. of the clocke in the morning, somewhat stormy.

Augusts Abstract.

In August moderate diet is good Phisicke, for now it is very dangerous to surfeit: and take good heede of heates and then colds, for nothing sooner engendereth Pleu-

plentifull. And bid not to sleep much, and especially after noone, for making oppilations, and for annoying of Agues, and the Headach, and Catharres. And let a man abstaine from phisick this moneth, except great necessity compell him.

Now Lady Ceres looses to have men enough to attend vpon her, and he that will not now be stir him to gather in wheat, is well worthy to eate browne Bread at Christmas. They that would have good sallets for their Gardens the next yeare, must now gather of their own, lest in buying abroad, they loose both their money, fruit, and labour. And such as desire to have Lettice, or other hearbes for winter, may commit seeds to the earth now in the increase of the Moone.

¶ Of September.

Day	The sunne riseth.	The sunne setteth.
1	howre 5 and 34 minu.	howre 6 and 26 minutes
7	howre 5 and 46 minu.	howre 6 and 14 minutes
14	howre 6 and 2 minuts	howre 5 and 58 minutes
21	howre 6 and 16 minu.	howre 5 and 46 minutes
28	howre 6 and 28 minu.	howre 5 and 32 minutes

First quarter the 5. day, 14. minutes after 3. of the clock at night, a rayning day.

Full moone the 12 day, 18. minutes after 5 of the clocke at night, some fall of moysture.

Last quarter the 20. day, about three of the clocke in the afternoone, answerable to the season.

New Moone the 27. day, 15. minutes after 4. of the clocke at night, reasonable temperate.

September's Abstract.

In this month of September, such as have need may safely take Phisicke, and also may bath and bleede. In this month all things are in their proper vertue. And such fruits as are ripe, and not inieced, are good to eat, for such as have good stomacks.

The time is good to make conserues of Barberies and Quinces, winter hearbs must be now sowne, likewise is the time to set Artichokes, Rose-trees, Apples, Pears, Wardens, Strawberries, Violets, Willowflowers, Apricots

pels are to be gathered at the full of the moon, sow Parsneps, and in dry weather gather your Hops. Good husbandry is sowing Rie and Wheat, and good husbandry is making of Electrices, and plucking of Hemp. &c.

¶ Of October.

Day	The sunne riseth.	The sunne setteth.
1	howre 6 and 34 minu.	howre 5 and 26 minuts
7	howre 6 and 46 minu.	howre 5 and 14 minuts
14	howre 7 and 6 minuts	howre 4 and 0 minutes
21	howre 7 and 15 minu.	howre 4 and 45 minuts
28	howre 7 and 26 minu.	howre 4 and 34 minuts

First quarter the 5. day, 55. minutes after three of the clocke in the afternoone, windy and cloudy.

Full Moone the 13 day, about five of the clocke in the morning, stormy and unconstant.

Last quarter the 19 day, 38 minutes after nine of the clocke at night, some fall of moisture.

New Moone the 27 day, 15 minuts after 7 of the clock in the morning rainie wet weather.

Octobers Abstract.

In his month of October, thou mayst take Phisicke, and also bleed and bath if occasion serue, use hot meates, and drinke any good wholesome wines to nourish good blood: and beware of taking colde, because the Quartain Ague will be apt to be taken, and such other dangerous diseases.

Remoue young Trees, as Apples, Peares, Quinces, Roses, &c. Set Pease, Parsneps, &c.

Good Husbands need not be hasted to sowing of wheat, set Nuts, Acornes, and Fisberds, and to doing of such good husbandry.

¶ Of Nouember.

Day	The sunne riseth.	The sunne setteth.
1	hovvre 7 and 33 minuts	hovvre 4 and 27 minuts
7	hovvre 7 and 42 minuts	hovvre 4 and 18 minuts
14	hovvre 7 and 52 minuts	howre 3 and 8 minutes
21	hovvre 8 and 3 minutes	hovvre 4 and 57 minuts
28	hovvre 8 and 9 minutes	hovvre 3 and 51 minuts

First

First quarter the 4 day, 7. minuts after 11 of the clock in the forenoone, ouercasting clouds.

Full moone, the 11. day, 4 minutes after 4 of the clock at night, cold and cloudy.

Last quarter the 18. day. 43. min. after 6, of the clocke in the morning, stormy and vnconstant.

New Moone the 26. day, 3. minuts before one of the clocke in the morning, winterly weather.

Nouembers Abstract.

In November finish the Phisicke that yee meane to take, and so rest till March, except som great necessitie compell thee: vse good meats and wholesome Wine to nourish thy blood, prouide thee warm clothing, and go dry of thy feet, or else make sure account of rheume & Pose, besides some other inconuenience that wil ensue. Beware of the hot house this month, and vse Betony and Cinamon in drinke.

In the new of the Moone, you may remooue young trees as in the last month, and set Crab-tree stockes to graft vpon, when you please. It is also a good time in the wane of the moone, to set Pease, Beans, and if the weather be not too hard, it is good sowing of parsneps, good making of Malt, and killing of Beeues & Swine.

¶ Of December.

Day	The sunne riseth.	The sunne setteth.
1	howre 8 and 12 minu.	howre 3 and 48 minutes
7	howre 8 and 14 minu.	howre 3 and 46 minutes
14	howre 8 and 15 minu.	howre 3 and 45 minutes
21	howre 8 and 12 minu.	howre 3 and 48 minutes
28	howre 8 and 7 minu.	howre 3 and 53 minutes

First quarter the 4, day, 5, minuts after five of the clocke in the morning, inclined to moisture.

Full moone the 11. day, 32 minutes after 2 of the clock in the morning, subject to snow or raine.

Last quarter the 17 day, 20 minuts after 7 of the clock at night, windy and cold.

New moone the 25. day, 15. min. after 8. of the clocke at night, some fall of moisture.

In

Decembers Abstract.

In this moneth of December, kepe thy body and head from cold and eate such meates as be of a hot quality, abstaine from physicke, and let thy kitchin be thy Apotecary, warme cloathing thy Marle, merry company thy kepers, and good hospitality thy exercise.

Remoue trees and bushes as aforesaid in November, if the weather proue not extreme. In the want of the Mowne, set Beans & Peale, and those herbes that cannot endure the cold, couer them with straw, or other prouision, from the frosts and snow. Finally thus ending the old yeare, let vs repent vs, and forsake our old sins, and leade new liues, all the daies of this miserable and transitory life, that in the ende we may be translated into euerlasting ioy and happinesse through Iesus Christ our Sauiour, who be praised for euer and euer, Amen.

A Precaution and aduertisement, made for euery Moneth of this yeare of our Lord God, 1619. declaring the dangerous dayes & nights to take any sicknesse, or to be sicke in: whereby euery man may take heed to himselfe, and so prouide in time for speedy remedy.

¶ Of Ianuary, 1619.

The 4 and 5 dayes dangerous the 11 day and the 14 day and all night in like manner, the 17 day and most part of the night & the 21 also dangerous the 24 day and the 28 day likewise the 31 day & all night very dangerous.

¶ Of February, 1619.

The 4 & 7 daies and nights dangerous, the 11 day & the 13 day & night vntill the next day at noone likewise, the 17 and 20 daies in like manner, the 24 and 27 daies and nights also very dangerous.

The

¶ Of March 1619.

The 3 day and all night vntil the next day at noone, and the 6 day & most part o the night dangerous the 10 & 12 daies and nights likewise, the 16 day and all night, & the 19 day very dangerous, the 24 day also the 26 & the 31 daies and most part of the nights very dangerous.

¶ Of Aprill. 1619.

The 2 day and the 6 day & all night vntill the next day at noone dangerous the 8 and 13 daies likewise, the 14 and 20 both daies and nights very dangerous, the 22, 28, and 29 daies are all likewise dangerous.

¶ Of May.

The 4 and 5 daies and nights dangerous, the 10 day & all night, and the 12 day likewise, the 18 day and the 19 day and all night very dangerous, the 25 day & al night and the 27 day also in like manner dangerous.

¶ Of Iune.

The 1 day and the 2 day and most part of the night dangerous, the 7 day and most part of the night, and the 9 day likewise, the 14 day and night and the 16 day and night vntill the next day at noone dangerous, the 22 and 24 daies also, the 28 & 30 daies and nights very dangerous.

¶ Of Iuly.

The 5 day and 7 day and most part of the night dangerous, the 12 and 15 dayes also, the 19 day and night vntill the next day, and all the 22 day and all night dangerous, the 26 day and part of the night, and the 29 day also in like manner very dangerous.

¶ Of August.

The first day and all night, and the 5 day dangerous, the 8 day and all night vntill the next day at noone, and the 13 & 16 daies also dangerous, the 20 day also, the 22 and the 26 dayes and nights in like manner, the 29 day also very dangerous.

¶ Of

¶ Of September.

The 3 and 5 daies dangerous, the 10 and 12, daies and night in like maner, the 17 day and night, until the next day at none, and the 19 day also dangerous, the 24 and 25 daies and most part of the nights likewise dangerous.

¶ Of October.

The 2 day and all night very dangerous, the 9 day and all night, and the 10 day likewise, the 16 day & all night very dangerous, the 22 day and all night, and the 29 day in like maner, the 30 and 31 daies very dangerous.

¶ Of November.

The 6 and the 7 day and all night dangerous, the 12 and all night and the 14 day & most part of the night in like sort, the 18 day and all night until the next day at noon, and the 21 day also dangerous, the 26 and 29 daies in like manner very dangerous.

¶ Of December.

The 3 day and most part of the night, and the 6 day and all night until the next day at none dangerous, the 9 day and all night until the next day at none, and the 12 day in like manner, the 18 day and the 20, daie and most part of the night very dangerous, the 23 day also, the 28 and 30 daies and nights very dangerous.

Soli sapienti Deo, sola Gloria.

FINIS.